



Roman Catholic Diocese of Saskatoon News:

Our 'Year of Faith' continues

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Lent 2013

"Be still and know that I am God..."

Psalm 46:10

Foundations series focuses on prayer

During this Year of Faith, the diocesan Foundations: 'Exploring Our Faith Together' office and the Cathedral of the Holy Family present a Lenten prayer retreat experience – "Be Still and Know That I Am God" – 7 p.m. to 9 p.m. Thursdays at the Cathedral of the Holy Family, 123 Nelson Road (Attridge and Forestry Farm Park Drive) in Saskatoon (see complete list of sessions below).

Pre-registration is not required.

There is no fee, but there will be an opportunity to make a free will offering at the door.

Each session will include time for prayer. Participants can attend any one or all sessions, as they wish.

All sessions are held **7 p.m. to 9 p.m. Thursdays** at the Cathedral of the Holy Family, Saskatoon:

You Are God's Beloved

Mona Goodman

February 14

Your image of God creates you. Prayerfully reflecting on scripture and Henri Nouwen's book *Life of the Beloved*, we will experience God's love for us, ground ourselves in God's love, and know that we are God's beloved.

An Intimate Conversation Between Friends

Christy Dupuis

February 21

St. Therese of Lisieux said: "Prayer is just a conversation between friends" - what does that mean and how can we begin to cultivate a friendship with God through prayer?

Lectio Divina - Praying with Scripture

Sr. Dianne Sehn

February 28

Lectio Divina, an ancient art, practiced at one time by all Christians, is a slow, contemplative praying of the Scriptures. Praying with this form enables us to discover in our daily life an underlying spiritual rhythm. Within this rhythm we discover an increasing ability to offer more of ourselves to God and to accept the embrace that God is continuously extending to us.

Prayer in the Style of Taizé

Garth Horn

March 7

Taizé prayer is simple, welcoming, relaxed, ecumenical and meditative. This style of prayer is engaging thousands all over the world with a simple focus on the presence of Christ, the beauty of music and the simplicity of silence. Simply sit down, and let the music, the singing and the silence draw you deeply into inner peace, for healing and inspiration.

Centering Prayer

Fr. Kevin McGee

March 14 / March 21

Centering Prayer is a method of silent prayer that prepares us to receive the gift of contemplation: prayer where we experience God's presence within us, closer than breathing, closer than thinking, closer than consciousness itself. This method of prayer is both a relationship with God and a discipline to foster that relationship. Centering Prayer emphasizes prayer as a personal relationship with God and as a movement beyond conversation with Christ to communion with Him. Centering Prayer's source is the indwelling Trinity: Father, Son, and Holy Spirit. Its purpose is to draw us into a more intimate relationship with God by surrendering to God's presence. Centering Prayer prepares us to receive the pure Gift of God's presence.

Many voices ask for our attention! There is a voice that says, "Prove that you are a good person."

Another voice says, 'You'd better be ashamed of yourself.' There also is a voice that says, 'Nobody really cares about you,' and one that says, 'Be sure to become successful, popular, and powerful.' But underneath all these often very noisy voices is a still, small voice that says, '**You are my Beloved, my favour rests on you.**' That's the voice we need most of all to hear.

To hear that voice, however, requires special effort; it requires solitude, silence, and a strong determination to listen.

That's what prayer is. It is listening to the voice that calls us 'my Beloved.' - Henri Nouwen (www.henrinouwen.org)

FOUNDATIONS: EXPLORING OUR FAITH TOGETHER

General Information: Cost of each course is \$5 for a single two-hour session; \$10 for two sessions, etc. High school students: free. Everyone is welcome to attend any of the sessions – it is not necessary to be a member of the parish organizing the event.

Pre-registration with the contact person is required.

These faith enrichment programs are organized through the diocesan Foundations: Exploring Our Faith Together office at the Catholic Pastoral Centre. For more information, contact Sharon Powell at (306) 659-5831 or toll free: 1-877-661-5005, Ext. 831.

End of Life: Advance Directive, Proxies and Substitute Decision-Making

Facilitator: Joy Mendel

7 p.m., Wednesday, February 6

Holy Spirit, 114 Kingsmere Place, SASKATOON

Joy Mendel (who serves as ethicist for St. Paul's Hospital as well as for CHAS, the Catholic Health Association of Saskatchewan) explores the operation of advance directives, proxies and substitute decision-making in Saskatchewan. The advantages of making an advance directive will be discussed alongside some information on end of life care and decision making. To register, contact Charlene Nijhawan at (306) 374-1425.

You Don't Have to be an Angel to be a Saint:

A Presentation on Sainthood

Facilitator: Michael Murphy

1 p.m., Wednesday, February 13

Columbian Manor, 2940 Louise Street, SASKATOON

What does it mean to be a saint? Includes a look at the lives of Dorothy Day and Oscar Romero and will be followed by group discussion. To register, contact Dorothy Braidek at (306) 668-2048.

An Overview of Our Catholic Faith

Facilitator: Fr. Pius Schroh

7 p.m., Wednesday, February 20

St. John Bosco, 1202 Avenue 0 South, SASKATOON

OR

1 p.m., Wednesday, February 27

Columbian Manor, 2940 Louise Street, SASKATOON

An overview of our Catholic Faith will look at the whole picture from the inner life of God to the Second Coming of Christ at the end of time. To register for the session at St. John Bosco, contact Mona Fox at (306) 652-1045. To register at the session at Columbian Manor, contact Dorothy Braidek at (306) 668-2048.

A Funny Thing Happened On My Way Through The Bible

Facilitator: Blake Sittler

7 p.m., Monday, March 4

Holy Spirit, 114 Kingsmere Place, SASKATOON

OR

7 p.m., Thursday, April 18

St. Gabriel, BIGGAR, SK.

A search for the use of humor in the Old and New Testament and a discussion about the importance of making the Word of God relevant to people today. To register for the Holy Spirit session in Saskatoon, contact Arch McKay at (306) 373-0993. To register for the St. Gabriel session in Biggar, contact Sherry at (306) 948-3330

Some Women Amaze Us

Facilitator: Sr. Teresita Kambeitz, OSU

7 p.m., Tuesday, March 5

St. Francis Xavier, 222 Willow Street, SASKATOON

(Corner of Hilliard Street and Melrose Avenue)

The stories of some truly amazing biblical women – Sarah, Mary Magdalene, Photina – and how they still amaze, challenge and inspire women and men today. To register, contact: Irene LeGatt at (306) 933-1108.

Making Sense of the Old Testament

Facilitator: Fr. Matthew Ramsay

1 p.m., Wednesday, March 20

Columbian Manor, 2940 Louise Street, SASKATOON

Sometimes the Old Testament readings at Mass are confusing, disturbing, and hard to apply to real life. This Foundations course puts the pieces together, helping you to understand the big picture of the Old Testament and make sense of the small sections you hear each week. To register, contact Dorothy Braidek at (306) 668-2048.

Successful Marriage is a Thirteen-Letter Word

Facilitator: Jim and Adele Longstaff

7 p.m., Tuesday, April 9

Sacred Heart, DENZIL, SK.

Communication is a key factor to developing a strong marriage. In this presentation we will share ways to enhance communication and listening skills in marriage. You will also learn how to talk to your spouse in a language they will understand. To register, contact Suzie at (306) 358-2052.

Theology of Elvis

Facilitator: Blake Sittler

7 p.m., Monday, April 15

St. Anne, 217 Lenore Drive, SASKATOON

Visiting different aspects of Catholic theology using the lyrics of Elvis. To register, contact: Sr. Dianne Sehn at (306) 931-4700.

Evangelization: What is it?

What is My Role and How do I do it?

Facilitator: Christy Dupuis

7 p.m., Thursday, April 18

St. Francis Xavier, 222 Willow Street, SASKATOON

(Corner of Hilliard Street and Melrose Avenue)

What does the Church teach on evangelization and what is our responsibility and role as a baptized Christian in regards to evangelization? This session would also look at practical ways that we can simply and clearly share our faith. To register, contact: Irene LeGatt at (306) 933-1108.

Holy Yoga

Facilitators: Diane Waldbillig and Melissa Esford

9:30 a.m. to 10:30 a.m. Saturdays until March 9

Cathedral of the Holy Family, 123 Nelson Road, SASKATOON

(Corner of Attridge Drive and Forestry Farm Park Drive)

Join us during these eight-week sessions of Christ-centred yoga. For information call Diane Waldbillig at (306) 668-1085.

Trinity Yoga

Facilitators: Shirley Berthelet and Elaine Zakreski

7:15 p.m. to 8:15 p.m. Mondays until March 18

St. Anne, 217 Lenore Drive, SASKATOON

Join us during these eight-week sessions of Christ-centred yoga. For information contact Shirley Berthelet at (306) 978-7242.

This season's *Foundations: Exploring Our Faith Together* schedule also included "Prayer Through Art" presented Jan. 30 to Grades 1-4 at St. Peter's Catholic School in Unity, SK. by Sr. Felicitas Drobog, OSU. For more info about any of the Foundations faith enrichment sessions available to parishes and groups, contact coordinator Sharon Powell at foundations@saskatoonrcdiocese.com or (306) 659-5831 or visit: www.saskatoonrcdiocese.com/foundations/foundations.cfm